<table>
<thead>
<tr>
<th>Centre:</th>
<th>1° BP measurement</th>
<th>2° BP measurement</th>
<th>3° BP measurement</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>mmHg / mmHg</td>
<td>mmHg / mmHg</td>
<td>mmHg / mmHg</td>
</tr>
<tr>
<td></td>
<td>HR ....... b/min</td>
<td>HR ....... b/min</td>
<td>HR ....... b/min</td>
</tr>
</tbody>
</table>

**General Information**

<table>
<thead>
<tr>
<th>Age (y):</th>
<th>Sex: Male ☐ Female ☐ Other ☐ No answer ☐</th>
</tr>
</thead>
<tbody>
<tr>
<td>Weight: Kg ☐ lbs ☐</td>
<td>Height: cm ☐ in ☐</td>
</tr>
</tbody>
</table>

**About your health: tick all that apply (personal medical history)**

- arterial hypertension (i.e. high blood pressure)
- high cholesterol (high fat level in the blood)
- ischemic heart disease (e.g. heart attack or coronary stenting or coronary by-pass in the past)
- ischemic cerebral disease (e.g. I had a TIA/stroke in the past)
- At least one of my family members is affected by an ischemic heart condition (Who?)

**About your drug therapy: Thick all that apply (if any)**

- ACE inhibitors (e.g.: ramipril, enalapril, perindopril...)
- ARB blockers - sartans (e.g.: irbesartan, olmesartan, candesartan...)
- Beta-blockers (e.g.: nebivolol, carvedilolol, bisoprolol...)
- Calcium blockers (e.g.: amlodipin, verapamil...)
- Diuretics (e.g.: amiloride, hydrochlorothiazide, indapamide)
- Other (_______________)

**Have you had COVID-19 (confirmed by swab or blood tests)?**

- No ☐
- Yes, with mild symptoms ☐
- Yes, I was admitted to the hospital ☐

**Did you undergo flu vaccination in 2019?**

- Yes ☐
- No ☐

**BEFORE lock-down for COVID-19, your blood pressure measured at home...**

- Was on average lower than 135/85mmHg ☐
- Was on average higher than 135/85mmHg ☐
- I do not know ☐

**DURING lock-down, your blood pressure measured at home...**

- Was on average lower than 135/85mmHg ☐
- Was on average higher than 135/85mmHg ☐
- I do not know ☐

**How many times a month do you measure your blood pressure?**

- 0 ☐ 1-4 ☐ >9 ☐

**During lock down, your night sleep was ...**

- As usual ☐ Better than usual ☐ Worse than usual ☐